

5-1-1,5,6

A Look At Myself

Grade Level	Fifth
Minimum Time Required	30 Minutes
Materials/Resources	Worksheets, Pencils
Subject Area(s)	Guidance

Project Description:

1. Discuss with students the working conditions of various careers.
2. Have students complete the worksheets "A Look at Myself."
3. Have students to add up their yes, no and maybe answers.
4. Ask students come up with at least two occupations that would meet their needs from the worksheet yes's.

Career Development Standard	Knowledge of the importance of self concept.
Career Development Indicator	Describe characteristics about self as seen by self and others. Identify personal interests, abilities, strengths and weaknesses. Describe ways to meet personal needs through work.
Delivery Level	Introductory
Academic Standards	
Language Arts	4.2.c Use appropriate conventions of language in personal communication.
Employability/SCANS Skills	Basic Skills Personal Qualities Thinking Skills
Assessment/Rubric	Students will be evaluated based on class participation.

Submitted by: NCDG Elementary Group

CAREERS: A Look at Myself

WORKING CONDITIONS I WOULD/WOULD NOT LIKE

All jobs have both good and bad things about them. Use the 80 – 20 rule. If in your job you like at least 80 percent of the job, you are in a career field that will be enjoyable to you. Only you can decide which 20 percent of the job is not enjoyable and that you are willing to put up with in order to enjoy the enjoyable things.

The purpose of these questions is to make you look at things about a job that you might not have thought about before.

Answer each question with a “Y” for yes, and “N” for no, or an “M” for maybe. Remember that there are no right or wrong answers—only your answers.

You should not, in all honesty, answer “yes” to all questions; nor should there be all “no’s.”

1. Do you like to work with:

<input type="checkbox"/> ideas	<input type="checkbox"/> people
<input type="checkbox"/> animals	<input type="checkbox"/> numbers
<input type="checkbox"/> plants	<input type="checkbox"/> words
<input type="checkbox"/> things	<input type="checkbox"/> machines

2. Do you like to:

<input type="checkbox"/> work outdoors	<input type="checkbox"/> touch other people
<input type="checkbox"/> work inside	<input type="checkbox"/> make new things
<input type="checkbox"/> fix broken things	<input type="checkbox"/> move around a lot
<input type="checkbox"/> stay in one place	<input type="checkbox"/> work with very small objects
<input type="checkbox"/> drive a car	<input type="checkbox"/> talk to other people
<input type="checkbox"/> listen to other people	

3. If it meant you could earn a great deal of money, would you be willing to a:

<input type="checkbox"/> work 10-12 hours a day	<input type="checkbox"/> get up at 4 a.m. and work 10-12 hours a day
<input type="checkbox"/> get a college education	<input type="checkbox"/> work in the evenings or on the night shift
<input type="checkbox"/> travel/be away a great deal	<input type="checkbox"/> work on weekends

4. Are you physically able to :

<input type="checkbox"/> bend, stoop and reach	<input type="checkbox"/> lift and carry a 50 lb. sack/weight
<input type="checkbox"/> climb a ladder	<input type="checkbox"/> put up with unpleasant odors
<input type="checkbox"/> use hand tools/typewriter	<input type="checkbox"/> walk, stand on your feet for hours at time
<input type="checkbox"/> hear what other people say	<input type="checkbox"/> put up with a lot of noise
<input type="checkbox"/> see different colors	<input type="checkbox"/> see with 20/40 vision or better

5. Could you:

- | | |
|---|--|
| _____ work alone | _____ sit in one place for hours at a time |
| _____ work with other people | _____ be pleasant to someone who is nasty to you |
| _____ speak pleasantly regardless
how you feel | _____ do the same thing over and over and still be
accurate and quick |

6. Can you:

- | | |
|---------------------------------|--|
| _____ keep accurate records | _____ persuade other people to do what you want
them to |
| _____ follow oral directions | _____ leave your personal problems at home |
| _____ follow written directions | |

7. Are you willing to:

- | | |
|------------------------------------|---|
| _____ wear a uniform | _____ be neat, clean and dressed nicely while working |
| _____ get your hands/clothes dirty | _____ be on time and regular in attendance for work |
| _____ join a union | _____ work at a job that is dangerous |

8. Are you the kind of person who can:

- | | |
|---|---|
| _____ remain calm in an emergency | _____ work with people who are in trouble and need
your help |
| _____ work with people who are
sick and injured | _____ make decisions and accept the blame if they
are wrong |
| _____ keep doing the same old
thing and do it well | _____ meet deadlines and have work ready when
it is due |

9. Could you work accurately and quickly if:

- | | |
|---------------------------------|---|
| _____ you were in an open place | _____ you were in a small, closed-in confined place |
| _____ high above the ground | _____ there was an unpleasant odor/smell |
| _____ there was a lot of noise | _____ it was usually cold |
| _____ around you | _____ you had to work under pressure |
| _____ it was usually hot | _____ you had to work outside in the rain and snow |

_____ Number of "yes" answers	_____ Number of "no" answers	_____ Number of "maybe" answers
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The more "yes" answers you have—and the fewer "no's" the greater the choice you will have in choosing a career (job).